



**DEPARTMENT OF THE ARMY**  
HEADQUARTERS, UNITED STATES ARMY TRAINING AND DOCTRINE COMMAND  
950 JEFFERSON AVENUE  
FORT EUSTIS, VIRGINIA 23604-5700

REPLY TO  
ATTENTION OF

ATBO-M

29 AUG 2011

MEMORANDUM FOR SEE DISTRIBUTION

SUBJECT: TRADOC Policy Letter 4, Promoting Health, Reducing Risk, and Preventing Suicide

1. This policy letter prescribes measures for TRADOC commanders and leaders to assess and mitigate conditions that contribute to suicide, as well as identify and help those who are at risk.
2. All commanders should use their authority and influence to accomplish the following:
  - a. Create positive climates. This is one of the eight core competencies of leadership. You must know who your people are and demonstrate care for them.
  - b. Leverage helping agencies. Many resources are available to help you monitor, maintain, and improve the resilience of your Soldiers and their Families.
  - c. Reduce stigma. Nearly one half of all individuals needing help with behavioral health issues do not seek treatment because they are ashamed. Identify and refer Soldiers with difficulties as soon as you become aware of them.
  - d. Train subordinates in resilience principles. The Army's current products on Ask-Care-Escort or "ACE" suicide intervention include training in resilience and the ability to face adversity and become a stronger person from it.
  - e. Energize the developmental counseling process. Each commander will publish a policy on his or her own expectations for developmental counseling in order to capture the opportunity for supervisors to discover and assist with their Soldiers' and Family members' problems.
  - f. Employ strategic communications that highlight success stories in local media; for example, Wounded Warriors in schools as instructors and Soldiers and Families overcoming adversity.
  - g. Maintain suicide awareness and recognition as a daily leader habit. Conduct suicide prevention training for Soldiers at least semiannually and as part of new leaders' orientation. Use resources outlined in the information paper cited below.

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3. The tenets of strengthening resilience and preventing suicide are more fully developed in the information paper available on the TRADOC Surgeon's Web site, [www.tradoc.army.mil/surgeon/index.htm](http://www.tradoc.army.mil/surgeon/index.htm), under "Briefings/Training Materials."

4. This policy letter is effective until superseded or rescinded.

A handwritten signature in black ink, appearing to read "Robert W. Cone".

ROBERT W. CONE  
General, U.S. Army  
Commanding

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